

# PERSONAL HEALTH RECORDS IN THE LONG TERM CARE COMMUNITY



Minakshi Tikoo, PhD MBI – [tikoo@uchc.edu](mailto:tikoo@uchc.edu)

Giuseppe Macri, - [gmacri@uchc.edu](mailto:gmacri@uchc.edu)

Rachel Rusnak, MPA – [rusnak@uchc.edu](mailto:rusnak@uchc.edu)

The Center for Quantitative Medicine, UConn Health

**UConn**

# CONNECTICUT'S TEFT IMPLEMENTATION TEAM

## ▶ UConn Health

- ▶ Minakshi Tikoo, PhD MBI
- ▶ Giuseppe Macri
- ▶ Rachel Rusnak, MPA

# AGENDA

- ▶ Overview - Demonstration Grant for Testing Experience and Functional Assessment Tools (TEFT)
- ▶ Components of the Grant
- ▶ Personal Health Records
- ▶ **Discussion about the need and use of PHRs among the community-based LTSS providers**

# THE TEFT GRANT

- ▶ Demonstration Grant for Testing Experience and Functional Assessment Tools (TEFT) awarded May 2014 (4 year grant)
- ▶ The Centers for Medicare & Medicaid Services (CMS) is promoting the use of health information technology in the Community-Based Long Term Services and Supports system.
- ▶ Connecticut is one of only 6 States to receive funding for all components of the Grant

State	Initial Award Amount	Test Exp Survey	Test CARE Assessment	Demo PHR	S&I Framework Participation	# of Components
Arizona	\$343,222	X	X	X	X	4
Colorado	\$382,386	X		X	X	3
Connecticut	\$500,000	X	X	X	X	4
Georgia	\$489,043	X	X	X	X	4
Kentucky	\$500,000	X	X	X	X	4
Louisiana	\$410,215	X	X	X	X	4
Maryland	\$209,659	X		X	X	3
Minnesota	\$494,967	X	X	X	X	4
New Hampshire	\$68,732	X				1

<http://www.medicaid.gov/Medicaid-CHIP-Program-Information/By-Topics/Delivery-Systems/Grant-Programs/TEFT-Program-.html>

# TEFT GRANT COMPONENTS

- ▶ Experience of Care Survey

- ▶ Field test a beneficiary experience survey within multiple CB-LTSS programs.

- ▶ CARE Assessment Tool

- ▶ Field test a modified set of Continuity Assessment Record and Evaluation (CARE) functional assessment measures with CB-LTSS beneficiaries.

- ▶ **Personal Health Records**

- ▶ **Select, offer, and demonstrate the use of personal health record (PHR) systems with beneficiaries of CB-LTSS.**

- ▶ Standards & Interoperability Framework

- ▶ Identify, evaluate and harmonize an e-LTSS standard in conjunction with the Office of National Coordinator's (ONC) Standards and Interoperability (S&I) Framework

# WHAT IS A PERSONAL HEALTH RECORD

- ▶ A personal health record (PHR) is an electronic application used by patients to maintain and manage their health information in a private, secure, and confidential environment.
- ▶ PHRs:
  - ▶ Are managed by patients
  - ▶ Can include information from a variety of sources, including health care providers and patients themselves
  - ▶ Can help patients securely and confidentially store and monitor health information, such as diet plans or data from home monitoring systems, as well as patient contact information, diagnosis lists, medication lists, allergy lists, immunization histories, and much more
  - ▶ Are separate from, and do not replace, the legal record of any health care provider
  - ▶ Are distinct from portals that simply allow patients to view provider information or communicate with providers
  - ▶ Properly designed and implemented, PHRs can help patients [manage their health information](#) and become ***full partners in the quest for good health.***
- ▶ <http://www.healthit.gov/providers-professionals/faqs/what-personal-health-record>

# WHAT IS A PERSONAL HEALTH RECORD?

- ▶ A person-centered, electronic, health management tool.
  - ▶ Owned and managed by the consumer, or their appointed proxy
  - ▶ Secure & Private
  - ▶ May be shared at the consumer's discretion
  - ▶ Contains only the information that the consumer deems relevant
- ▶ “An ideal PHR would provide a complete and accurate summary of the health and medical history of an individual by gathering data from many sources and making this information accessible online to anyone who has the necessary electronic credentials to view the information.”

CMS



# WHAT INFORMATION IS STORED IN A PHR?

You decide what you put in your personal health record. In general, though, it needs to include anything that helps you and your health care providers manage your health — starting with the basics:

- Your primary care doctor's name and phone number
- Allergies, including drug allergies
- Your medications, including dosages
- Chronic health problems, such as high blood pressure
- Major surgeries, with dates
- Living will or advance directives
- Family history
- Immunization history

You can also add information about what you're doing to prevent disease, such as:

- Results of screening tests
- Cholesterol level and blood pressure
- Exercise and dietary habits
- Health goals, such as stopping smoking or losing weight

# WHERE CAN I GET A PHR?

- ▶ From your providers
- ▶ Independent vendor
- ▶ PHR Examples
  - ▶ <https://vimeo.com/106631794>

Explore HealthVault

Discover apps & devices

Sign up or sign in →



## What is HealthVault?

Microsoft HealthVault is a trusted place for people to gather, store, use, and share health information online. [Learn more](#)

Organize your family's  
health information.

Be better prepared for  
doctor visits and  
unexpected emergencies.

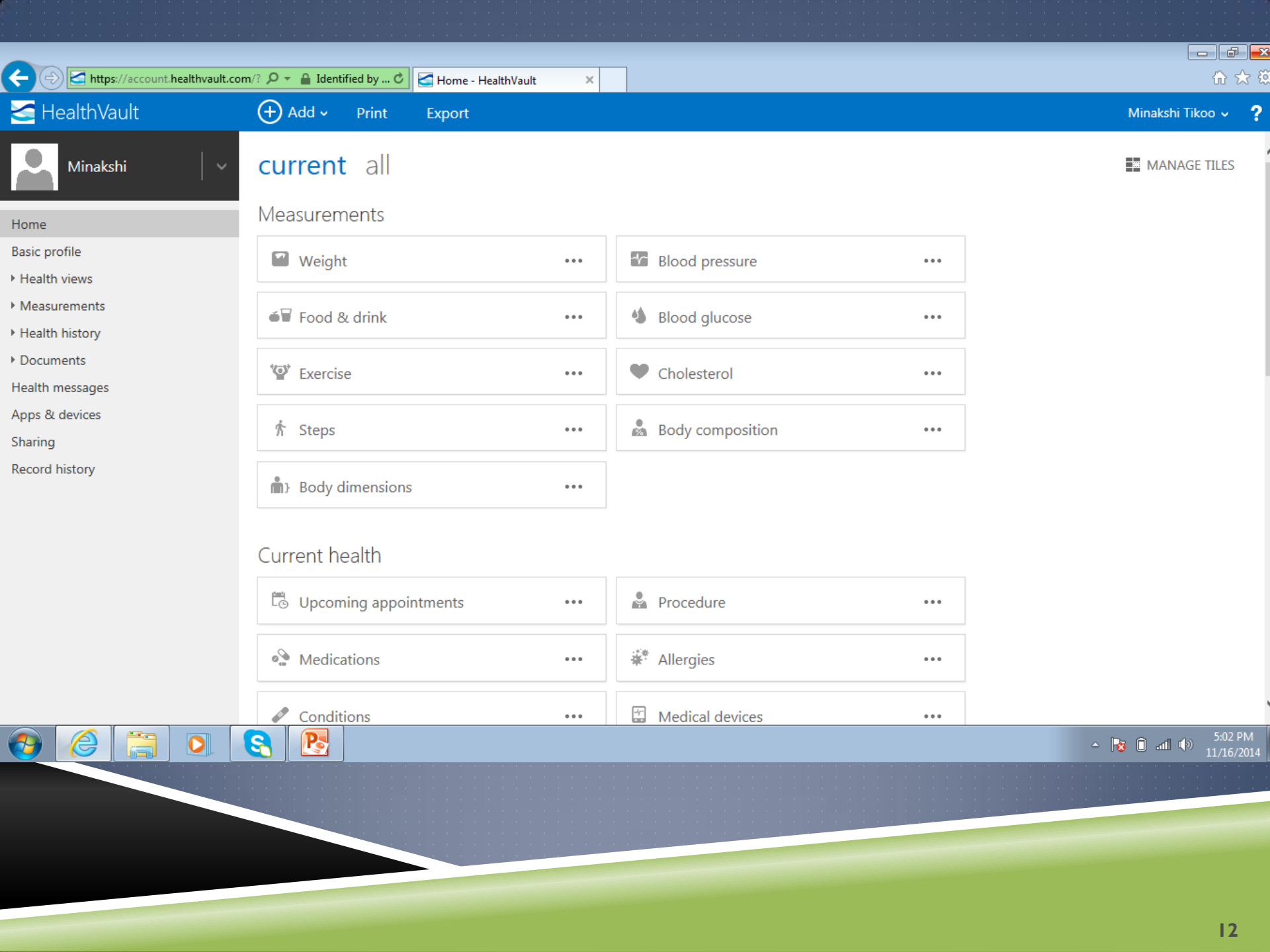
Create a more complete  
picture of your health,  
with you at the center.

Achieve your fitness  
goals.

Connect anywhere

Connect your health data





# PERSONAL HEALTH RECORDS

## IN THE TEFT GRANT

### Connecticut's Plan:

- ▶ Seek consumer, caregiver, and provider input
- ▶ Compile, analyze, and utilize input to inform project decisions
- ▶ Select one or more PHR's which address consumer needs
- ▶ Offer a free PHR account to Medicaid CB-LTSS recipients
- ▶ Evaluate utility of the PHR, and gather feedback from participants

### Connecticut's Goal:

Demonstrate the use of a Personal Health Record (PHR) system with beneficiaries of CB-LTSS.

# PRIVACY & SECURITY

- ▶ This project will adhere to all state and federal privacy, security and consent laws, mandates, standards and best practices.
- ▶ Personal privacy and the security of the selected PHR will comply with all HIPAA regulations.



# QUESTIONS



# DISCUSSION QUESTIONS

- ▶ List a few words that come to mind when you think about a PHR.
- ▶ What are the benefits of a PHR?
- ▶ What are the challenges of using a PHR?
- ▶ What information would you like to see in a PHR?
- ▶ Who should have access to a PHR?
- ▶ Should we have choices for PHRs?



# CONTACT US

**Minakshi Tikoo**  
**[tikoo@uchc.edu](mailto:tikoo@uchc.edu)**  
**(860)679-5559**

**Rachel Rusnak**  
**[rusnak@uchc.edu](mailto:rusnak@uchc.edu)**  
**(860)679-7317**

**Giuseppe Macri**  
**[gmacri@uchc.edu](mailto:gmacri@uchc.edu)**  
**(860)679-7314**

## Health IT CT Website

**<http://www.ct.gov/dss/cwp/view.asp?a=3922&q=554932>**

# RESOURCES

- ▶ DSS Website for Grant information and updates
  - ▶ <http://www.ct.gov/dss/cwp/view.asp?a=3922&q=554932>
- ▶ Use of PHRs
  - ▶ <https://www.youtube.com/watch?v=Un-8NmGzZak>
  - ▶ <https://www.youtube.com/watch?v=F-GGRSyPh94&list=PLA758B85CE1465A5F&index=4>
  - ▶ <https://www.youtube.com/watch?v=kjPf-DD5wko>

# BENEFITS FOR PROVIDERS

- ▶ Patients and caregivers are better equipped to manage complex and chronic conditions
- ▶ Informed patients and caregivers can present providers with a more complete picture of their health
- ▶ Engaged patients feel a sense of ownership and responsibility for their own health
- ▶ Improve outcomes & adherence to treatment plans via patient engagement

# BENEFITS FOR CONSUMERS

- ▶ Empowerment to manage and improve health
  - ▶ Access to health information anywhere at any time
  - ▶ Easily share information, if you choose
  - ▶ Enhance communication with providers and make the most of visits
  - ▶ Track numbers and monitor chronic conditions
  - ▶ Be prepared in case of an emergency
- 
- ▶ Have access to the complete picture of your health

# BENEFITS FOR CAREGIVERS

- ▶ Organize your loved one's health information in one easily accessible place
- ▶ Keep track of changes in real time, even in the office
- ▶ Upload and store records from health care providers directly in the PHR
- ▶ Share pertinent information electronically and instantaneously
- ▶ Personalize the PHR to best suit you and your loved one's needs
- ▶ Streamline and simplify the management of complex health information